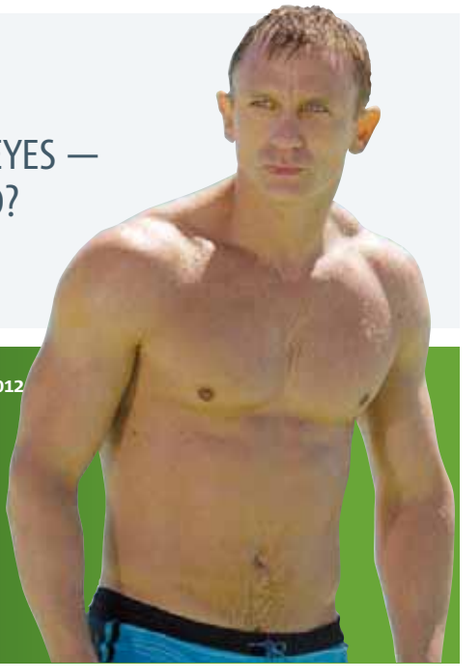
BREAKING BOND

SO YOU'RE QUICK-WITTED AND EASY ON THE EYES — BUT DO YOU HAVE WHAT IT TAKES TO BE BOND? FIND OUT WITH METRO'S QUIZ PAGES 17-18



VANCOUVER metro®

Tuesday, October 9, 2012

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Enbridge targets pipeline critics

Northern Gateway. Environmental-review panel returns to B.C. for final hearings this week

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among the foreign charities being targeted by Enbridge in its battle against critics of the proposed Northern Gateway pipeline.

Tens of millions of dollars have been donated to conservation groups and initiatives in B.C., a point of contention for Enbridge, which has asked the environmental review panel examining the pipeline project to compel funding information from its critics.

It's also a point of contention for Natural Resources Minister Joe Oliver, who this year decried the "foreign special-interest groups" that "threaten to hijack our regulatory system to achieve their radical ideological agenda."

Calls to Enbridge Northern Gateway seeking comment were not returned.

Ivan Thompson, program officer for the Moore Foundation's Wild Salmon Ecosystem Initiative, suggested the funding is far from nefarious.

"The reason why the Moore Foundation is particularly interested in Canada ... is because, essentially, salmon and marine systems are collapsing around the world and here in Canada there's a chance to do it differently," said Thompson, who is based in Vancouver.

Enbridge is trying to undermine the credibility of its critics, he said. "We would assume that they are continuing to find ways to try and silence voices they don't like."

Enbridge raised $100 million just to get the project through the environmental-review process, Thompson added. "The money involved here from charities is nothing compared to that," he said.

THE CANADIAN PRESS

Taking aim

Some of the conservation groups singled out by Enbridge

- The Gordon and Betty Moore Foundation, based in California and founded by the co-founder of Intel Corp.
- The William and Flora Hewlett Foundation, a California-based charity founded by Hewlett-Packard co-founder William Hewlett.

The controversy over the proposed Enbridge Northern Gateway project seems far away from Kitimat, on the Douglas Channel, during a sunset in January. Kitimat would be the termination point for the oil pipeline from Alberta. DARRYL DYCK/THE CANADIAN PRESS

Highly animated

Vancouver's first Mega Comic-Con draws hundreds of comic-book aficionados

PAGE 4

Rain City noir

Actress Agam Darshi's third film with director Bruce Sweeney, Crimes of Mike Recket, is a murder-mystery set in Vancouver

PAGE 5

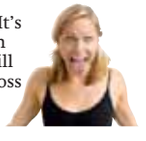
Cardinals rule

Defending World Series champions St. Louis ties the NL division series by routing the Washington Nationals 12-4

PAGE 30

DIY facelift

Facial yoga: It's cheaper than Botox but still tackles the loss of collagen



PAGE 27

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Contaminated meat

E. coli case in B.C. may be linked to XL Foods recall

Lab tests have confirmed that a Vancouver Island resident's E. coli infection may be linked to the XL Food Inc. recall.

The B.C. Centre for Disease Control announced the news Monday, confirming that the man was infected with the same 0156:H7 strain of E. coli seen in the high-profile food-safety investigation.

The person has recovered from the illness, but an investigation is ongoing to determine the source of the infection.

So far, 10 other people (seven from Alberta, two from Quebec and one from Newfoundland) have fallen ill because of E. coli infections linked directly to the XL Foods plant in Brooks, Alta.

Hundreds of the company's beef products have been recalled across North America.

Cattle look are seen in a feedlot near Airdrie, Alta., in this 2005 file photo. THE CANADIAN PRESS

The B.C. Centre for Disease Control says there are between 110 to 180 cases of shigatoxin-producing E. coli reported each year and that there has not yet been an increase in the number of cases reported during the XL Foods scare.

MATT KIELTYKA/METRO/WITH FILES FROM THE CANADIAN PRESS

Bernita Lang, who has been volunteering at UGM's annual Thanksgiving dinner for 27 years, sets a table for the next round of guests. MATT KIELTYKA/METRO

Helping hands keep holiday tradition alive

200 volunteers. Thanksgiving meal prepared for thousands is a smooth and friendly operation

MATT KIELTYKA
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There was a lot to be thankful for as Union Gospel Mission served its annual turkey dinner to more than 3,000 people Monday.

Families and strangers alike gathered to share in the festive occasion that never ceases to create a buzzing atmosphere, colourful conversations and full stomachs.

But behind 170 turkeys, 1,500 pounds of mashed potatoes and 80 gallons of gravy is an army of enthusiastic volunteers that make the Downtown Eastside holiday tradition a smooth and friendly operation.

Much like the people they serve, each one has a story to tell.

"I started after my father passed away," said volunteer server Bernita Lang. "I decided to volunteer for the homeless. There is always someone that needs help. It's nice to see people just have smiles on their faces and enjoy Thanksgiving dinner with everyone else."

Lang, a Richmond retiree, has been volunteering at Union Gospel Mission's Thanksgiving dinner for 27 years.

"I've never regretted it. I thoroughly enjoy doing this," she said. "I'm thankful that the people around here have so many places they can go and have a good meal and enjoy their holiday together. It's a treat."

UGM spokesperson Keela Keeping said volunteerism remains one of the driving forces behind their work in the Downtown Eastside.

"On a day like today, we have about 200 volunteers," she said. "It frees up our outreach staff to work with people when they see someone with an issue. We can spend a bit of time and talk to them. It's a special day, it's Thanksgiving, people are with their families and it's a lot of fun."

Year-round, Keeping says , UGM makes use of about 5,000 volunteers.

"One of the things that always hits me is how responsive Vancouver is," she said. "When we talk about needs, people respond. That's why we have a drug-treatment program, that's why we have this new building (at 601 E. Hastings St.). We're very thankful to our volunteers and donors."

Follow Matt Kieltyka on Twitter @Mkieltyka

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IIO. Vancouver sees its first independent police investigation

The newly formed Independent Investigations Office has been called to its first case in the Lower Mainland after a 51-year-old man died in police custody.

According to a statement by Vancouver police, officers were called to the 900 block of West 7th Avenue Sunday evening to reports of an intoxicated man causing a disturbance.

Police learned that the man had been barred from the city's detox centre, so they decided to take the man home instead.

By the time they arrived to his residence, officers realized the man was unconscious.

They called an ambulance, which took the man to hospital where he later died.

Operational since September, the Independent Investigations Office is responsible for investigating all police-involved cases of death and serious injury in the province.

MATT KIELTYKA/METRO

Fourth incident

The Independent Investigations Office has now been called to four incidents so far, with Sunday's being the first in the Lower Mainland.

69 per cent vote

B.C.'s practical nurses join nurses' union

B.C.'s licensed practical nurses have voted to ditch their union and join the B.C. Nurses Union in an effort to be recognized as professional employees.

BCNU president Debra McPherson says 7,200 licensed practical nurses voted 69 per cent in favour of the move that has them leaving the Hospital Employees Union.

McPherson says B.C. is now the fourth province, after Nova Scotia, Quebec and Manitoba, to have practical and registered nurses represented by the same union.

THE CANADIAN PRESS

Comic-Con draws crowd

Geek out. Fanatics and collectors get in the make-believe spirit

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Some fans went all out and dressed as their favourite characters during the first-ever Vancouver Mega Comic-Con Sunday at the Hyatt Regency Vancouver. PHYLICIA TORREVILLAS/METRO

They came. They saw. They geeked out.

Hundreds of pop-culture junkies, comic-book fanatics and action-figure collectors flocked to the first-ever Vancouver Mega Comic-Con Sunday.

"I love Halloween, so any chance I can get to get dressed up, I'll take it," said Rowan Reimer, 32, who was dressed in the original video-game version of Lara Croft. "I'm also kind of a geek, so I like to look at all the figures and comics."

TV geeks had a blast from the past with celebrities like Dustin Diamond, a.k.a. Screech from Saved by the Bell, and Clare Kramer from Buffy the Vampire Slayer.

Comic-book aficionados also got their fix from veteran Randy Emberlin, best known for his inking skills on Spider-man and G.I. Joe, as well as Francis Manapul, writer and artist of The Flash from DC Comics.

Manapul said it was great to meet his Vancouver fans, describing them as friendly and more talkative than those he has met at other conventions.

"It makes it a lot more fun to interact with them during the show, so it's not just a quick sign and then go, it's a little more personal," he said. "You feel that you get to know the people that are reading your work and you get a better connection in terms of what they like."

Event organizer Ace said, that for a first-year convention, they were happy with the turnout and people have already asked them to make it an annual event.

"When parents come by and say, 'Thank you, I a had wonderful time with my child.' Those are the types of things that are very rewarding to hear as an organizer," he said.

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Agam Darshi and Nicholas Lea play husband and wife in Bruce Sweeney's neo-noir film Crimes of Mike Recket. The film plays at VIFF Tuesday at the Vogue Theatre. COURTESY OF VIFF

Vancouver actress turns up the heat in Sweeney flick

VIFF 2012. Neo-noir film marks Darshi's third collaboration with director Bruce Sweeney

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

For Agam Darshi, joining the Crimes of Mike Recket cast was a no-brainer.

The Vancouver-based actress, best known for her starring role as Kate Freelander in the science-fiction television series Sanctuary, plays Jasleen in Bruce Sweeney's latest murder-mystery film.

"It's a neo-noir movie about a man named Mike, who is a real estate agent. He's going through great lengths to try and make money and as a result he commits a pretty terrible crime," Darshi said. "I play Mike's wife. She's a very feisty and strong woman, who has a very passionate relationship with her husband."

This is Darshi's third time working with Sweeney, which she says convinced her to move out of her comfort zone.

"This is the probably the first time that I've gone to this level of sexuality in my work and it took me nine years to kind of do it," the U.K.-born Darshi said. "I believed in the story, this character and the connection that she has with her husband, so I felt like I was ready to take this next step for myself and my career."

Darshi also feels lucky to play female characters that move beyond race.

"What's really exciting for me about this film is the fact that Bruce took the role of the wife, who is so strong, feisty and sexy and he offered it to me, who's South Asian," she said. "That doesn't happen very often. That's what my dream is for us to see more of that in films, people just becoming more colour-blind and not having many stereotypes."

Darshi said she's thankful for her diverse body of work.

"I play all sorts of types of women — from South Asian to Brianna, who's Jamaican, in Dan for Mayor," she said. "I think it will be really exciting when film and TV break those stereotypes down a lot more."

Quote

"This is probably the first time that I've gone to this level of sexuality in my work."

Agam Darshi, who plays Jasleen in Crimes of Mike Recket

False Creek

Fishermen find human leg

Vancouver police say they don't suspect foul play after a human lower leg was found by two fishermen under a local bridge.

Police say the fishermen were returning to False Creek Friday when they found the lower leg and foot connected to a running shoe and called 911. Police say they haven't been able to identify the leg, and investigators will consult with outside agencies if required.

THE CANADIAN PRESS

Kamloops. Two truck drivers killed in fiery crash

The body of a second driver killed in a fiery crash near Kamloops has been recovered.

Both drivers died around 7 p.m. Friday night when a logging truck and a semi-truck collided on Highway 5-A, between Kamloops and Merritt.

The trucks burst into flame, and while the body of one driver was pulled from the wreckage Friday night, the heat from the resulting grass fire kept rescue crews from reaching the second body.

Coroner Barb McLintock said the identities of the drivers will not be released until family members have been notified.

The highway remained closed to all but emergency traffic until midday on Saturday.

The regional fire centre says the blaze engulfed about 20 hectares, but crews were on site Saturday extinguishing remaining hot spots.

THE CANADIAN PRESS

Right-to-die fight to continue

Court battle. Hearing on constitutional exemption for Gloria Taylor, who died last week, will go ahead in March 2013

The woman who revived the national fight for the right to die may have lost her own life, but her struggle will continue in British Columbia's highest court early next year.

The B.C. Civil Liberties Association announced late Friday afternoon that Gloria Taylor, 64, of West Kelowna, had died suddenly and unexpectedly due to a severe infection resulting from a perforated colon.

Less than four months ago, Taylor, who was battling Lou Gehrig's disease or ALS, won an exemption to the law banning doctor-assisted suicide, after a B.C. Supreme Court justice struck down the federal legislation but gave Parliament a year to change the law.

The federal government then announced in August it was taking the case to the B.C. Court of Appeal.

"Gloria was a courageous and delightful woman and she will be remembered," said Russel Ogden, a director of the Farewell Foundation for the Right to Die.

Ogden said he last saw Taylor in November when the case went to B.C.'s Supreme Court, but had been in contact with her by email until last week.

He said he wasn't aware of her most recent illness, and although Taylor has now died, her work continues.

Ogden said applications by interveners to the Court of Appeal are due in November, and the plaintiffs and respondents are preparing their arguments.

A five-day hearing has already been scheduled for March 2013, he said.

THE CANADIAN PRESS

Previous challenge

The fight against Canada's laws against assisted suicide was first taken up in court by Sue Rodriguez, another B.C. woman who also suffered from ALS.

- But her challenge in the early 1990s ended in defeat in the Supreme Court of Canada.
- Rodriguez then took her own life with the help of an unidentified physician.

Gloria Taylor, who suffers from Lou Gehrig's disease, smiles during a news conference in Vancouver on June 18. The B.C. woman who was challenging Canada's right-to-die laws died of an infection Thursday, the group representing her said Friday. DARRYL DYCK/THE CANADIAN PRESS

Cummins tells Tory detractors to get onside or quit

B.C. Conservative Leader John Cummins in Vancouver. The embattled leader has issued an ultimatum to his detractors as Tory infighting continues.

DAVID PROCTOR/METRO FILE

A crucial vote on the leadership of the divided B.C. Conservative Party has not ended party infighting.

Just over two weeks after party members voted against a review for John Cummins, the embattled leader issued an ultimatum on Sunday to his detractors: Join him, or resign.

"I am unwavering in my dedication to the B.C. Conservatives, and fully intend to lead my party into the next general election," he said in a news release.

"Those few but vocal party members who are critical of my leadership and do not support me have until ... noon, Wednesday, to either get onside or quit our party and join another."

The provincial party will refund the membership fees of any person who leaves, Cummins said. The party will also return any financial donations made within the last year.

More than 70 per cent of party members who voted turned down a review for Cummins at their September convention, which would have forced him to step down. Roughly one-third of eligible members cast ballots on Sept. 22. About 245 members attended the annual general meeting.

But the victory was short-lived, with the Tories' only sitting MLA, John Van Dongen, quitting in protest. He now sits in the legislature as an Independent.

After the vote results came in, Cummins told reporters no leader can expect 100 per cent support, and stated he was satisfied with the results.

B.C. is scheduled to hold its next election on May 14, 2013.

THE CANADIAN PRESS

A divided party

4,000

There are about 4,000 BC Conservatives members.

Reason to switch:
"TD's branches are everywhere, it's so easy to find them."
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New Westminster

Two arrested in car-jacking

Two people have been arrested after a stolen car collided with a police cruiser in New Westminster.

The heist allegedly began Sunday in Burnaby, where police suspect a man and woman used a phoney weapon to pull off the carjacking.

Police say a replica handgun was used to order the owner out of his car.

A woman police offered received minor injuries during the takedown.

CTV/CKNW

Nanaimo

Wanted man arrested in B.C.

Nanaimo RCMP have arrested a man wanted by Edmonton police for attempted murder and arson.

Constable Sue Phillips says 25-year-old Zachary Holland was picked up for causing a disturbance and gave a false name to police but was identified through fingerprints.

Edmonton police allege that Holland hit his girlfriend in the head with the top of a toilet tank in July and then lit the apartment she was in on fire.

THE CANADIAN PRESS

Fire Prevention Week.

Plot escape routes out of home, fire officials say

If there was a fire in your home, would you know how to escape?

What if that route was blocked?

B.C. fire officials are urging citizens to design two paths out of their home in the event of a fire, as they mark national Fire Prevention Week.

Fire fighters are also reminding the public to check that all fire alarms in the house work — that means testing the batteries and installing more alarms if necessary.

THE CANADIAN PRESS

Be prepared

2

B.C. fire officials are urging citizens to design two paths out of their home in the event of a fire.

For more local news visit metronews.ca

Turkish jets strike Kurdish rebel targets

Source says. No deaths reported — Kurdish rebels fighting for self-rule in Turkey's southeast are considered a terrorist organization by U.S. and EU

Turkish jets have struck suspected Kurdish rebel targets in two separate cross-border raids in northern Iraq, a Turkish news agency reported Monday, prompting Iraq to vow to take "diplomatic" steps against Ankara for violating its sovereignty.

Turkey has frequently struck targets of the autonomy-seeking Kurdistan Workers' Party, or PKK, in northern Iraq. But with relations between Turkey and Iraq deteriorating, Baghdad recently warned Turkey against military operations on its territory.

Ties between Ankara and Baghdad have reached a low over a Turkish decision to shelter Iraq's former Sunni vice-president, even after a Baghdad court sentenced him to death for running death squads. Turkey also started importing crude oil from northern Iraq under a deal with the Iraqi Kurdish administration that has angered Baghdad.

In August, Iraq accused Turkey of interfering in its internal affairs after Foreign Minister Ahmet Davutoglu paid a surprise visit the northern Iraqi city of Kirkuk, seen as a testing ground for whether Iraq's sectarian leaders can reach reconciliation.

Turkey's private Dogan news agency said the warplanes on Sunday targeted four rebel bases and anti-aircraft batteries along the border with Turkey and on Mount Qandil, on the Iraqi-Iranian border. The agency said more than 12 F-16 fighter jets took part in the operations.

THE ASSOCIATED PRESS

Word from Iraq

"Turkey should respect the principles of good neighbourhood.... These Turkish attacks on Iraqi territories are not acceptable and we will take the necessary diplomatic measures."

Iraqi government spokesman Ali al-Dabbagh

Human Rights Watch

Rights group says Egypt's latest draft of constitution curbs freedom

An international rights group has urged the panel writing Egypt's new constitution to amend an article in the draft charter that doesn't prohibit torture or trafficking in women and children.

Another article seeks to install Al-Azhar, Egypt's premier Sunni Islamic institution, as the sole body authorized to interpret religious laws, effectively giving it a vetting legislative role over all laws to determine if they are in line with its interpretation of Islam.

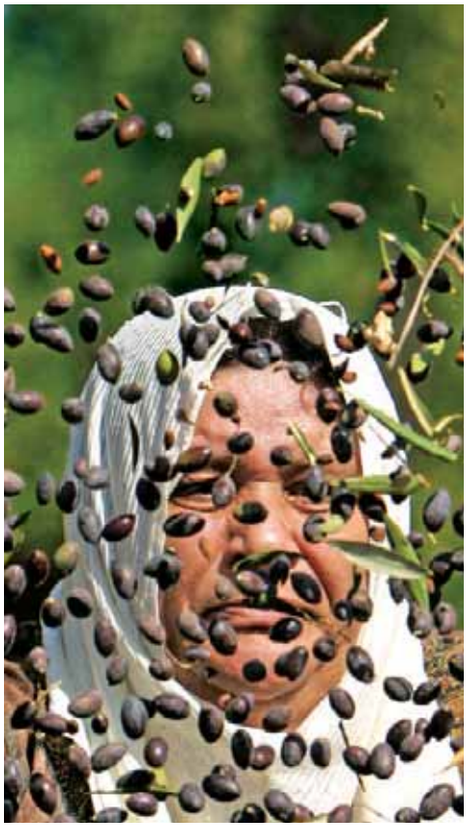
THE ASSOCIATED PRESS

Uranium for weapons?

Iran has capability to make nukes in a few months: Expert

Iran could produce enough weapons-grade uranium to arm a nuclear bomb within two to four months, says a U.S. think-tank.

The international community fears Iran may turn its uranium-enrichment program toward weapons making — a concern that is growing as it expands the number of machines used to enrich its stockpile of the metal. THE ASSOCIATED PRESS



Olive harvest shakes things up

A Palestinian woman sorts olives during the olive harvest in the West Bank village of Kabatyeh, near Jenin on Monday. Palestinians began to harvest olives in October, a staple for many local farmers, who also use them to make oil.

MOHAMMED BALLAS/THE ASSOCIATED PRESS

Environment Canada

Officials blamed for doing their job

Prime Minister Stephen Harper sharply rebuked Environment Canada bureaucrats last year for overstepping their authority. But a 600-page internal file obtained by The Canadian Press shows the officials had in fact received a green light from senior levels at Environment Canada.

THE CANADIAN PRESS

Traffic accident

Speed trap turns deadly for officer

A Quebec provincial police officer has died from injuries suffered during a speed-trap operation north of Montreal. Donovan Lagrange, 33, was struck on the side of a highway Saturday afternoon while walking back to his own vehicle after pulling over a car near Bois-des-Filion.

THE CANADIAN PRESS

Benefits plan

Aboriginal health claims under fire

Several pharmacies have come under scrutiny from the company that handles claims made to the aboriginal health-benefits plan, documents show. Express Scripts Canada raised questions about claims with mismatched paperwork, unauthorized prescriptions and high dispensing fees.

THE CANADIAN PRESS

Francophonie Summit

Harper to meet Quebec premier

Prime Minister Stephen Harper will come face-to-face this week with Pauline Marois for the first time since she was elected premier of Quebec. The two leaders will both be travelling to the Democratic Republic of the Congo for the Francophonie Summit.

THE CANADIAN PRESS

Suspected theft

Tall ship takes surprise voyage

Police are looking for suspects after a tall ship took an unexpected voyage in the Halifax harbour. Police say they received a call from the owner of the tall ship Silva early Monday, who alleged the vessel was intentionally set free from its mooring. The Silva has since been retrieved.

THE CANADIAN PRESS

Motorcoach crash

Bus not permitted in U.S., say feds

U.S. federal investigators say a motorcoach from Toronto involved in a crash that injured 23 people on a New Jersey exit ramp this weekend was not permitted to be in that country. The Federal Motor Carrier Safety Administration says it is probing the Canadian company.

THE CANADIAN PRESS

Delays likely in suspect's extradition

Triple-homicide charges. Quebec man on the run captured in Florida after police chase

Justin Bresaw CONTRIBUTED

A man who was captured in Florida and is facing charges for a triple homicide in Quebec may not be brought back to Canada any time soon.

Quebec provincial police filed a request to have Justin Bresaw extradited but it's not clear when he will be returned to Canada.

"Right now, Mr. Bresaw is detained in Florida and he's facing charges (down) there," police spokesman Marc Tessier said Monday. "After the due process is done in the United States, he will be brought back here to face charges of a triple murder here in Canada."

The 35-year-old Bresaw was the subject of a Canada-wide arrest warrant and an alert by Interpol after a house fire last month in Amos, a town in northern Quebec.

He is facing first-degree murder charges in relation to the two men and a woman found dead in the home.

After eluding police for more than two weeks, Bresaw was spotted in Tallahassee, Fla., on Sunday, charging a laptop in an electrical outlet behind a church.

An officer who tried to arrest Bresaw was left with a gash on his face and a broken nose after he fell into a metal support beam during a tussle, David Northway, a spokesman for Tallahassee police, said.

Bresaw is facing charges in Florida that include resisting an officer with violence and battery on an officer.

THE CANADIAN PRESS

Being clingy is a good thing during wife-carrying contest

The crowd reacts to Chad Mars' slippery footing as he enters the water hazard carrying Caitlin Haynes on Saturday at the 2012 North American Wife Carrying Championship in Newry, Maine. Mars ended up falling but was able to regain his composure quickly, and the two finished with a time of 1:20.99, putting them in 22nd place. The event features men carrying women on their backs while negotiating an obstacle course featuring hurdles, sand traps and a water hazard. The event is inspired by Finnish folklore, and the carrying method is up to the couple. AMBER WATERMAN/THE ASSOCIATED PRESS

Reason to switch:

"TD's longer hours means I can bank when I want to."

Jodi W.
Vancouver

Metropolitan Panel

TD

One dead. Plane crashes into lake west of Ottawa, investigators en route

Ontario Provincial Police say a person is dead after a small plane crashed into a lake near Calabogie, about two hours west of Ottawa.

The single-engine Socata TBM 700 plane reportedly went down just before 12:30 p.m. Monday.

The identity of the person killed has not been released to the public.

Sgt. Kristine Rae says officers are getting to the crash site via ATVs due to its remote location.

Impact

Provincial police say that the plane was "blown apart" upon impact.

Initially, an Ornge rescue air ambulance had also been dispatched but it has since been cancelled.

Investigators with the Transportation Safety Board are en route.

THE CANADIAN PRESS

Marineland. Protesters seek end to alleged abuse

Dozens of protesters rushed the gates of Marineland in Niagara Falls, Ont., on Sunday demanding an end to what they called the abuse of whales, dolphins and other animals at the amusement park, but the situation was quickly brought under control, police and organizers said.

"No one was really expecting what happened today, but it happened and I feel the anger that people feel," said Dylan Powell of Marineland Animal Defence, one of the groups behind the protest.

The protesters say they want to end animal captivity and their goal is to close down the theme park.

A crowd that Niagara Region Police estimated at about 800 gathered outside the park property and a group of about 150 rushed the front gates near the show area.

"People did enter into the park. It wasn't part of the demonstration schedule, obviously," said Powell.

Protesters and police confirmed that those who entered the park managed to shut down a dolphin show.

THE CANADIAN PRESS

People walk past a mural depicting President Hugo Chavez in Caracas, Venezuela, on Monday. Chavez won re-election and a new endorsement of his socialist project on Sunday. RODRIGO ABD/THE ASSOCIATED PRESS

Venezuelans give Chavez six more years

Patronage. Incumbent spent heavily before the vote, building public housing and bankrolling expanded social programs

Venezuelans awakened on Monday to the prospect of another six years under President Hugo Chavez as the leftist president's supporters celebrated his victory against a youthful rival and a galvanized opposition pledged to build on its gains.

Chavez emerged from Sunday's vote both strengthened and sobered, having reconfirmed his masterful political touch but also winning by his tightest margin yet. Challenger Henrique Capriles said while conceding defeat that his campaign had launched a new political force and that he would keep working for change.

The 58-year-old leader now has a freer hand to push for an even bigger state role in the economy and deepen friendships with U.S. rivals. Meanwhile, he's under pressure to address nuts-and-bolts governance issues such as soaring crime rates, power blackouts and double-digit inflation.

With a turnout of 81 per cent, Chavez only got 551,902 more votes this time around than he did six years ago, while the opposition boosted its tally by about 2.1 million. Chavez appeared to acknowledge the opposition's growing clout during a boisterous victory speech late Sunday night.

THE ASSOCIATED PRESS

Voter

"Chavez isn't to blame for the people who surround him."

First-time voter and student Brenda Aguirre, saying she is willing to forgive "El Comandante" for his shortcomings

Southeast Asia

Strong quake hits eastern Indonesia

A strong earthquake shook parts of eastern Indonesia on Monday, sending residents and hotel guests running out of their rooms, but there were no immediate reports of damage or injuries.

Indonesia's meteorology and geophysics agency said there was no danger of a tsunami.

The U.S. Geological Survey said the magnitude-6.3 quake was centred 139 kilometres southeast of Ambon, the provincial capital of Maluku. THE ASSOCIATED PRESS

Van der Sloot. Jailed killer to be a father, report says

A newspaper reported Monday that Joran van der Sloot, a Dutch man who is serving a 28-year-sentence for killing a young Peruvian woman in 2010, says he is going to be a father. His attorney said the inmate does have a conjugal visitor, a woman named Leidy Figueroa Uceda.

Van der Sloot is a suspect in the 2005 disappearance of U.S. teenager Natalee Holloway. He could resist extradition to the United States if he obtains Peruvian nationality. That would be a possibility if he becomes the father of a Peruvian child or if he marries a Peruvian citizen.

THE ASSOCIATED PRESS

Dutch citizen Joran van der Sloot is escorted by Peruvian police in June 2010. THE ASSOCIATED PRESS

Penn State scandal. Jerry Sandusky set to stress his innocence at sentencing

Jerry Sandusky's lawyer says "it's as certain as certain can be" that the former Penn State assistant football coach will address the judge and assert his innocence before he is sentenced on 45 counts of child sexual abuse.

Nobody else is expected to speak on Sandusky's behalf during the sentencing hearing Tuesday in Bellefonte, Pa., defence lawyer Joe Amendola said on Monday.

"What I anticipate he'll say is that he's innocent," Amendola said outside the courthouse.

The lawyer said others, including Sandusky's wife, have submitted letters on his behalf, and Dottie Sandusky stands by her husband and will attend the sentencing.

"He's going to fight for a new trial," Amendola said. He said "the important thing" about sentencing for the defence "is it starts the appellate process."

Sentencing is expected to begin with a hearing to determine if Sandusky qualifies as a sexually violent predator, after which he will be sentenced.

THE ASSOCIATED PRESS

A privacy tunnel is erected Monday at the Centre County Courthouse in Bellefonte, Pa. THE ASSOCIATED PRESS

Artistic movement. Man arrested after admitting he defaced Rothko mural

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum.

Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced on Sunday with what appears to be the words "Vladimir" and "a potential piece of yellowism."

Vladimir Umanets, who identifies himself as the co-founder of an artistic movement he calls "Yellowism," told journalists he was behind the graffiti. According to an online manifesto, Yellowism is an artistic movement run by Umanets and another person.

Quoted

"I didn't destroy this picture, I put something new."

Vladimir Umanets

Earlier on Monday, Umanets told Britain's Press Association news agency that he wanted to draw people's attention to his movement, which he described as "an element of contemporary visual culture."

"The ... difference between Yellowism and art is that in art you have got freedom of interpretation. In Yellowism you don't have freedom of interpretation, everything is about Yellowism."

THE ASSOCIATED PRESS

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Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS

Skydiver to try record free fall

Extreme sport. 'Fearless Felix' to attempt highest, fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, New Mexico, on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 kilometres per hour was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

And while he and his team of experts recognize the worst-case scenarios — including "boiling" blood and exploding lungs — they have confidence in their built-in solutions. Those solutions are something NASA is watching closely. The space agency is interested in the potential for escape systems on future rocket ships.

The No. 1 fear is a breach of Baumgartner's suit, which could cause potentially lethal bubbles to form in his bodily fluids, a condition known as boiling blood. There are also risks he could spin out of control, causing other problems.

THE ASSOCIATED PRESS

Retirement

After Tuesday's jump, Baumgartner plans to retire.

- Baumgartner, who has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this jump will be his last.
- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions in the U.S. and Austria.

Mistaken identity leads to tragedy

Mourners at the funeral for U.S. Border Patrol agent Nicholas Ivie on Monday. BENJIE SANDERS/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

A U.S. Border Patrol agent killed in a shooting in southern Arizona apparently opened fire on two fellow agents thinking they were armed smugglers and was killed when they returned fire, the head of the Border Patrol agents' union said.

The two sets of agents approached an area where a sensor had been activated from different directions early Tuesday and encountered each other in an area of heavy brush, National Border Patrol Council president George McCubbin said on Sunday.

Agent Nicholas Ivie apparently opened fire first and wounded one of the other agents, but was killed in the return fire.

"I don't know what it was he saw or heard that triggered this whole event," McCubbin said. "Unfortunately it resulted in his death and another agent injured."

The shooting occurred in a rugged, hilly area near the border close to Bisbee, Ariz., an area known for illegal trafficking.

THE ASSOCIATED PRESS

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Sri Lankan judges and lawyers demonstrate next to a coffin that they said symbolized the death of independent judiciary in Colombo, Sri Lanka, Monday. THARAKA BASNAYAKA/THE ASSOCIATED PRESS

'Death of judiciary' mourned in Sri Lanka

Angry response. Hundreds of Colombo lawyers and staff protest an attack on a judge, while many others across country stage boycotts of courts

Sri Lankan judges and lawyers boycotted courts on Monday to protest an assault on an outspoken judge, and hundreds of lawyers staged a demonstration demanding a thorough investigation into the attack.

About 500 lawyers and staff wearing black headbands marched in front of Colombo's court complex. They carried a coffin, saying the weekend attack on Judge Manjula Tilakaratne represented the death of an independent judiciary. Later, they burned the coffin.

They held placards reading: "Stand up to protect the judiciary. Protect lives of judges. Arrest those who attacked a judge."

Tilakaratne, secretary of the Judicial Service Commission, which handles judicial appointments and transfer of judges, was attacked by four men on Sunday as he was in his car after dropping off his son at school. He sustained injuries to his face and right hand. Police said an investigation is underway.

Protesters said Tilakararatne had irked the government with a statement two weeks ago complaining of outside influences on the commission's decisions.

A protesting lawyer, J.C. Weliamuna, said the attack was "unprecedented" and blamed the government. Another lawyer, Gunaratne Wanninayake, demanded that police conduct an impartial inquiry. "This attack symbolizes the death of Sri Lanka's independent judiciary. It's not just an attack on one judge, it has dealt a severe blow to the whole judiciary," he said.

District judges stayed away from work Monday, while lawyers also boycotted courts across the country, said lawyer Nuwan Bopage.

THE ASSOCIATED PRESS

Zimbabwe. President Mugabe calls for tolerance in wake of PM's criticism

Zimbabwe's president wants his people to be tolerant of each other's views to allow for a free vote in proposed elections, he said on Monday.

President Robert Mugabe, officiating at the state burial of a former foreign minister, said political differences must be private and "not expressed in actions" that lead to violence. He called on Zimbabweans to follow the "virtues and discipline" of academic and veteran diplomat Stan Mudenge, who died October 4th of heart failure at age 71.

"Let people vote the way they want to. Those who don't want to vote can throw their vote into the river. It's their business," Mugabe said.

Mugabe's remarks followed harsh criticism by Prime Minister Morgan Tsvangirai over the weekend about the presidential party's record of violence. Tsvangirai, in a shaky coalition government, described Mugabe as a hypocrite for "preaching peace by day" while his ZANU-PF party loyalists attacked opponents at night.

"We have politicians who shed crocodile tears like Mugabe," Tsvangirai said at a rally in the Zaka district, where his former opposition Movement for Democratic Change party has reported the country's worst upswing in political violence in recent months.

Quoted

"Let people vote the way they want to. Those who don't want to vote can throw their vote into the river."

Robert Mugabe, president of Zimbabwe

Tsvangirai said on Saturday he was giving Mugabe an ultimatum to end the violence or he would pull out of the coalition and elections planned for next year. He said he won't "step on dead bodies" to get elected as the country's president. THE ASSOCIATED PRESS

U.S. court to look at race in college admissions

Legal debate. The Supreme Court will consider whether to limit or rule out taking race into account

Nine years after the U.S. Supreme Court said colleges and universities can use race in their quest for diverse student bodies, the justices have put this divisive social issue back on their agenda in the middle of a presidential election campaign.

Nine years is a blink of the eye on a court where justices can look back two centuries for legal precedents.

But with an ascendant conservative majority, the high court in arguments Wednesday will weigh whether to limit or even rule out taking race into account in college admissions.

The justices will be looking at the University of Texas program that is used to help fill the last quarter or so of its incoming freshman classes. Race is one of many factors considered by admissions officers.

School statistics

- More than eight in 10 African-American and Latino students who enrolled at the University of Texas flagship campus in Austin last year were automatically admitted, according to university statistics.

The rest of the roughly 7,100 freshman spots automatically go to Texans who graduated in the top eight per cent of their high school classes.

The simplest explanation for why affirmative action is back on the court's calendar so soon after its 2003 decision in Grutter v. Bollinger is that the author of that opinion, Sandra Day O'Connor, has retired.

Her successor, Justice Samuel Alito, has been highly skeptical of any use of racial preference. THE ASSOCIATED PRESS

He is or isn't. N.Y. court mulls if gang member is homegrown terrorist

In August 2002, a New York City street gang crashed a christening party, shouted out their superiority, confronted a rival and started a fight that left a 10-year-old girl dead and someone else paralyzed.

On Tuesday, New York's top court will consider whether one of the gang members is a homegrown terrorist.

Edgar Morales, a member of the Mexican-American gang the St. James Boys, sought to intimidate an entire population and deserves more prison time than others convicted of the same crimes, Bronx prosecutors say. They got him convicted for the shooting death in 2007 under the state's anti-terrorism statute, the first case of its kind in New York.

"Violent crime committed by a street gang constitutes a crime of terrorism ... when it is motivated solely by the intent to establish a gang's 'street credentials' as the toughest Mexican gang in the Bronx," because those crimes are intended to intimidate or coerce a civilian population, prosecutors argue in a court filing.

Court of Appeals

- The Court of Appeals will hear the case Tuesday in Manhattan. Its ruling is expected next month.

They applied a statute that New York lawmakers passed just six days after hijackers crashed two jetliners into the World Trade Center towers on Sept. 11, 2001, killing nearly 3,000 people.

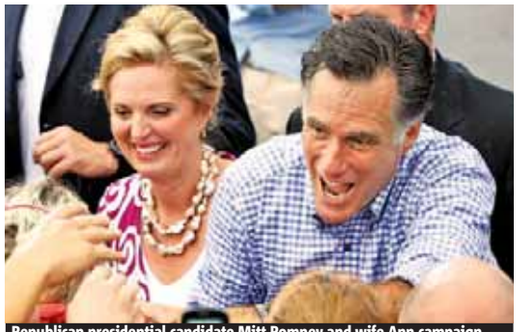
Now 30, Edgar Morales was accused of firing five shots during the August 2002 fracas outside the christening party at a church, killing bystander Melany Mendez. He was convicted of manslaughter, attempted murder, weapon possession and conspiracy — each count enhanced in seriousness by the anti-terrorism law. He was sentenced to 40 years to life in prison.

On appeal, the mid-level Appellate Division said he's no terrorist under the statute and deserves resentencing. That would lower the maximum to 25 years. THE ASSOCIATED PRESS

Presidential race. Romney takes jabs at Obama over Syria

Republican Mitt Romney, flashing new confidence on the campaign trail as polls showed him gaining ground in a tight race, assailed President Barack Obama's leadership in the Middle East on Monday and declared the U.S. must join other nations in helping arm Syrian rebels.

Hoping to bolster his own foreign policy credentials, Romney said he would identify and organize those in the Syrian opposition who share American values, then work with American allies to "ensure they obtain the arms they need to defeat Assad's tanks, helicopters and fighter jets." THE ASSOCIATED PRESS



Republican presidential candidate Mitt Romney and wife Ann campaign Sunday in Port St. Lucie, Fla. Romney's campaign is working hard to chip away at U.S. President Barack Obama's advantage among early voters.
CHARLES DHARAPAK/THE ASSOCIATED PRESS FILE

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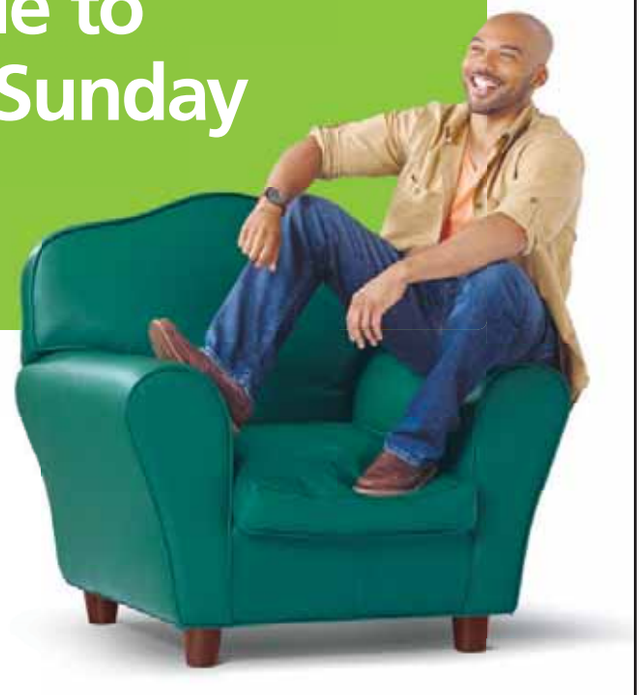

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Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer technology centre outside Detroit.

It's part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five years.

The centres will help get breakthrough ideas into the company's cars and trucks, GM says. Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Julie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms.

The company is recruiting on college campuses and local information-technology job fairs. It's looking for people to fill jobs in software development, database management, project management and business analysis.

New chief information officer Randy Mott wants more people in the company working on development and innovation, Huston-Rough said.

THE ASSOCIATED PRESS

Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms, Huawei Technologies and ZTE Corp, because they pose a security and espionage threat to the U.S., the House Intelligence Committee warned Monday. THE ASSOCIATED PRESS

Original programming

YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC, London-based FreemantleMedia and the Netherlands' Endemol.

THE ASSOCIATED PRESS

Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a $1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday.

NASA/THE ASSOCIATED PRESS

Waist watch: Pop machines to list calories

Consumer choice. Move by soft-drink firms in U.S. comes ahead of regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

"They're seeing the writing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which advocates for food safety and nutrition.

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally.

THE ASSOCIATED PRESS

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

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Official more confident about euro amid launch of new fund

The European Union's financial affairs chief is "less pessimistic" about the future of the euro than he was earlier this year — but warned that the region still has a long way to go before the crisis over too much debt is solved.

Olli Rehn, the EU's financial and monetary affairs commissioner, said the organization's ability to react to the financial crisis in the 17 countries that use the euro has much improved compared with two years ago when the crisis began.

He also welcomed the official launch Monday of Europe's new $647.9-billion US permanent bailout fund, the European Stability Mechanism, generally referred to as the ESM.

"We have enough challenges in Europe," Rehn said as he entered a meeting of finance ministers from the eurozone. He added that while nobody was in "a party mood," he was "less pessimistic for the moment of the future prospects of the eurozone than, for instance, in the spring."

The ESM is designed to reassure investors that the EU is better equipped to contain whatever crises erupt in the eurozone.

The ESM will eventually replace a temporary bailout fund, known as the EFSF, but the two will overlap for the time being while the EFSF continues to handle the bailouts of Greece, Ireland and Portugal.

THE ASSOCIATED PRESS

By the numbers

$647.9B

The new fund will eventually have $647.9 billion US at its disposal, which will be used to buy up the bonds of countries whose borrowing costs are becoming unmanageable. It will also lend money if needed.

A little girl holds a banner reading "No to Cuts and No to Euroviolence" during a demonstration in Madrid on Sunday. Thousands of people called by 150 organizations marched in 56 Spanish cities to protest austerity cuts they say will only increase unemployment and job insecurity.

ALBERTO DI LOLLI/THE ASSOCIATED PRESS

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In this Oct. 3 photo, visitors to the Jim Beam distillery in Clermont, Ky., sample bourbon. BRUCE SCHREINER/THE ASSOCIATED PRESS

For bourbon makers, tourism is booming

Spirited marketing.
Once-stodgy industry is pouring big money into visitor attractions

Bourbon fan Tim Allen started his day of sightseeing by sipping whiskies crafted at a Jim Beam distillery. Where else are pre-lunch nips more commonplace than in Kentucky bourbon country?

"That's smooth as silk," the North Carolinian said after sampling Jim Beam Black, a bourbon aged for eight years before bottling. "If it were close to five o'clock, I would have to do something with that."

Hospitality is overflowing in the once-stodgy bourbon industry, with whiskey makers pouring big money into tourism.

Allen and a buddy from his college days, Woody Parker, were visiting Beam's new $20-million US visitors centre, which opened this fall. Four Roses, another bourbon maker, opened a new visitors centre in September. Two more distillers, Wild Turkey and Heaven Hill, are planning new attractions as well.

The centres are outgrowths of the success of the Kentucky Bourbon Trail, which attracted two million visitors in the past five years and a half-million in 2011. Eighty-five per cent of trail visitors are from outside Kentucky, according to Eric Gregory, president of the Kentucky Distillers' Association.

THE ASSOCIATED PRESS

Bourbon central

- Kentucky produces 95 per cent of the world's bourbon. The state has more barrels of bourbon aging in warehouses than it does people.

Investors wary as 3rd-quarter earnings season gets underway

Stocks are lower on Wall Street as investors dread the start of U.S. corporate earnings reports and as the World Bank said Asia's economies won't grow as much as expected this year.

U.S. companies are expected to report lower profits when the earnings season starts Tuesday. FactSet says companies in the Standard & Poor's 500 index are expected to post an overall decline for the first time in almost three years.

The Dow Jones industrial average gave up 26.50 points to close at 13,583.65 points on Monday. The Standard & Poor's 500 index fell 5.05 points to 1,455.88 and the Nasdaq composite lost 23.84 points to 3,112.35.

The World Bank warned that a more pronounced slowdown is possible in China, the world's second-largest economy. It also cut its overall growth forecast for developing countries in Asia.

Tuesday also marks the five-year anniversary of the record high closes of the Dow and the S&P 500. The S&P, a benchmark tracked by many mutual funds, is currently about seven per cent below its record high. The Dow is about four per cent below its peak.

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WHEN LIFE GIVES YOU GENETICALLY MODIFIED LEMONS ...

SHE SAYS ...
Jessica Napier
metronews.ca

is half full. No, really.

once in a while, my boyfriend tends to walk the line between cerned partner" and "obsessive chondriac"— will forward me an email containing the latest research on all of the foods that are probably going to kill me.

Most of these articles contradict one another: One touts the health benefits of a certain food one month; another warns about the same food's poisonous potential the next.

"Egg yolks are good for you."

"No, wait! Stay away from egg yolks!"

"Just kidding! Eat egg yolks all the time!"

These research studies are the medical equivalent of riled-up cable-news anchors who just can't stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hardwired to expect the best outcomes in life.

Ignorance is bliss?

Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

In her book The Optimism Bias, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our (somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

So is it possible to nurture our inclination towards glass-half-full thinking while avoiding the dangers presented by unrealistic optimism?

Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don't want to pretend that genetically modified fruit and antibiotic-riddled meat products don't exist, but I also don't want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we're far more likely to be hit by a car than poisoned by the items in our refrigerator, and yet, if we truly thought about that risk every day, most of us would probably never leave the house.

If it doesn't kill you, it will only make you ... more toxic? GETTY IMAGES FILE

Is something bugging you?

KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

It's a bug's life

Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium's exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the bug-infested bayou area near New Orleans is one they make six to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don't breed in captivity, so it's a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

"We're just rolling the dice and hoping we have that really neat animal for as long as we can," said Zack Lemann of the insectarium.

The entomologists also troll fresh cowpats for the insectarium's dung beetles and the Audubon Species Survival Center on New Orleans' west bank to turn over rotting wood for glossy, black patent-leather beetles.

THE ASSOCIATED PRESS

Fear Factor-esque

"They taste like soft-shelled crab."

Zack Lemann, animal and visitor-programs manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks

On a wing

900,000

Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.

Zack Lemann holds a dragonfly in his mouth while collecting them for exhibits in Louisiana.

Metropolitan Panel

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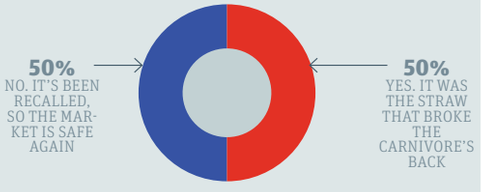
Has the latest recall scared you away from eating beef?



Twitter

@Southsiders: Barry Robson, the #GingerNinja, is up for #MLS Goal of the Week. Vote here: http://bit.ly/Q8DLCE

@gracecheung604: Happy Thanksgiving Day! Hem your blessings with thankfulness so they don't unravel. ~Author Unknown

@MikeMartignago: Klinsmann announces #USMNTteam for WC qualifiers at noon PT. Based on tweet last night, has #WhitecapsFC Jay DeMerit been named?

@JodieEmery: Marc just called and National Geographic is showing his episode on TV, the whole prison is all excited and chanting "Free Marc", hilarious!

@ColinTrask: Happy Thanksgiving everyone! And thanks #Vancouver for an amazing night yesterday. We love you guys!

metro

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Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY JOHNSTON
Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?
(A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?
(A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?
(A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?
(A) Australia
(B) Hungary
(C) Canada
(D) New Zealand

What drink does Bond order in the poker scene in Casino Royale? HANDOUT

5. In Live and Let Die (1973), how does Bond kill drug-trafficking bad guy Kananga (a.k.a. Mr. Big)?
(A) Poisons him with a dart gun
(B) Throws him in the Louisiana bayou, then eaten by crocodiles
(C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed?
(A) Falls off a cliff edge after trying to save his cat
(B) Shot in the back by Jaws
(C) Frozen to death in an ice chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights (1987), what does Bond toboggan down the snowy hill?
(A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?
(A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?
(A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?
(A) Lex Luthor
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

Scorecard

Answers: 1. (b) 2. (d) 3. (b) 4. (a) 5. (c) 6. (d) 7. (a) 8. (d) 9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-kay
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

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Who was the best Bond?

"I think, On Her Majesty's Secret Service would be my favourite Bond. It's a hell of a movie, it holds up very well. What I liked about it that we've tried to emulate in [Inception] is there's a tremendous balance of action, scale, and romanticism and tragedy and emotion. Of all the Bond films, it's by far the most emotional."

Christopher Nolan, director of The Dark Knight and Inception, talking in Empire Magazine about George Lazenby's turn as Bond.

"I think Roger is the best Bond, of course. Not just because of being my Bond, but because if you read the early Ian Fleming books describing him, that's how he was. He was a bachelor, unattached, he was luxurious, sophisticated, and he was not available for females so no long term relationships there. I think Roger really portrayed that."

Britt Ekland, Bond girl in The Man with the Golden Gun, talking to the Telegraph about Roger Moore.

Pierce Brosnan. HANDOUT

Roger Moore. HANDOUT

Do you have the heart of Bond?

Quiz. So maybe you don't drive an Aston Martin, but you still might be Bond-like

KIERON MONKS
Metro World News

Our quiz will reveal how you measure up, but be warned: you could also be a lab technician.

You're stepping out to a VIP party — what are you wearing?
A) A smart outfit but not overdoing it — your face will do the rest
B) It's what I'm NOT wearing that matters
C) A cardigan to hide in
D) A graphite suit

You've woken up from the most wonderful dream. What was it about?
A) Dropping witty one-liners in high society
B) Being surprised with lobster for breakfast
C) Finding the Higgs Boson particle
D) WORLD DOMINATION

Damn — you missed your train. How do you react?
A) Run after it and nimbly scuttle aboard
B) Think 'what a tragedy for the passengers'
C) Wish time travel was real
D) Shout vile abuse at the driver

Your friend suffers a sprained ankle, what's your treatment?
A) What friend?
B) Prod them with a long stick, to check if they are alive
C) Put your field medic training to good use — you always keep a first aid kit handy
D) Laugh

Your house is burning down — what one item do you save?
A) Weapon
B) Mirror
C) Briefcase
D) Cat

Who is your hero?
A) Winston Churchill
B) Kim Kardashian
C) Isaac Newton
D) Captain Hook

What scares you most?
A) Honesty
B) Poverty
C) A mutant bacterial strain
D) World peace

What are you doing for your birthday?
A) Disappearing
B) P-A-R-T-Y
C) Feeling uncomfortable around your loved ones
D) Being obnoxious because you've earned it

What is your deadly sin?
A) Lust
B) Pride
C) Envy
D) Wrath

What are relationships for?
A) Ego
B) Money
C) Self-esteem
D) Ruthlessly exposing weakness

Tally

- **Mostly As.** Congrats! You are Bond, you charming sociopath!
- **Mostly Bs.** Do your collars and cuffs match? You are Bond girl.
- **Mostly Cs.** You are Q and will always prefer devices to people.
- **Mostly Ds.** Say hi to your friend, Mr. Kidd. You are a villain and not to be trusted.

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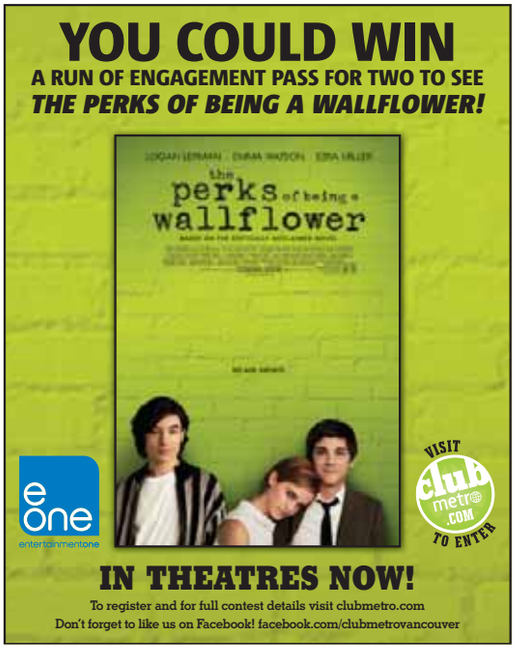
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From Breaking Bad to a break out CIA operation in Iran

Argo. Bryan Cranston talks about the unsung heroes of covert ops — and how he escaped growing a bad '70s shag for this role

NED EHRBAR
Metro World News in Hollywood

Argo opens this Friday. HANDOUT

Bryan Cranston is a busy man. Aside from wrapping up his regular gig on Breaking Bad, the three-time Emmy-winner has been popping up in a lot of movies — seven in 2011 and six in 2012. In his latest, Argo, he teams with director and star Ben Affleck to present a decidedly positive view of the CIA.

You get off pretty easy as far as the '70s hair goes in this film, at least compared to your co-stars.

You know, Ben was asking me as we were going along, "How's the hair growing?" And it was growing out at the time. I shave it for Breaking Bad. I said, "If it's not as long as you think it should be, then we can put extensions in it. But it's coming! It's over the ears now," and that sort of thing. By parting it and swooping it, it was good. If there was anyone who had more conservative '70s hair, it would be someone at the CIA — an older guy during the 1970s, not so shaggy, not so unkempt. So it worked.

You're dealing with playing someone high-up at the CIA, an organization that's not always portrayed that positively in film. But in this particular story, the organization is pretty heroic.

It's interesting. Normally you have a clear protagonist and antagonist in your movie. This wasn't clear. We know who the protagonist was, but who's the antagonist here? It really became that this ideology, this force of oppression, like a barometric pressure, like it's going to break open and rain if they don't get these guys out. But there were all kinds of splinter groups of protagonists, like the Hollywood component. And talking about the maligned CIA, well look at Hollywood! Hollywood is skewered all the time — and not undeservedly so at times. It's easy. And here you have two people from the "Hollywood industry" that for all intents and purposes are doing this out of the goodness of their hearts. There's no money being exchanged, there is no public recognition, there's no award, there's no nothing. All it is, is doing something to try to save six American lives.

That's a major theme of the film, that idea of doing this job with the full acknowledgment that you're not going to be recognized for it.

Exactly. And that's why I rebuke the idea that this was politically motivated. Because these men and women at the CIA were doing this knowing, believing that they would never be recognized for this. And that has to be OK.

DVD reviews

Prometheus

Director. Ridley Scott

Stars. Noomi Rapace, Logan Marshall-Green, Michael Fassbender

●●●○○

Prometheus valiantly asks the big questions — Who are we? How did we get here? — but then settles for banal answers. Director Ridley Scott diverts from a standard Alien prequel to muse about the spark of humanity, positing godlike activity in places far from heaven that his curious earthlings choose to visit. Their chariot is the trillion-dollar spaceship Prometheus, named for a reckless god. Scott's high motives take the low road when he gets to the yuck factor expected of all Alien movies, which now total five if you include Prometheus — and you should. A cool Michael Fassbender and warm Noomi Rapace make for inspired hires, saving the movie from its own excesses. Prometheus underachieves the awe but over delivers the ick. A lot more was promised, but pass the popcorn anyway. In space, no one can hear you whine.

PETER HOWELL

Rock of Ages

Director. Adam Shankman

Stars. Julianne Hough, Diego Boneta, Tom Cruise

●●●○○

Yes kids, there really was a time in the 1980s, just before the necessary corrective of grunge, when bands like Journey, Foreigner, Poison and Def Leppard were taken seriously. It was a decade when conjugating the verb "to rock," while dancing in leopard-skin pants and singing about small-town girls livin' in lonely worlds, was considered the height of cool, if not lyrical brilliance. So it's hard to be too hard on what director Adam Shankman has done with this screen adaptation of Rock of Ages, the Broadway hit musical that proved no material is too vapid for Broadway.

PETER HOWELL

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Brooklyn magician David Blaine performing his latest stunt 'Electrified'. ASSOCIATED PRESS

No one's volt but his own: 'Electrified' is Blaine's latest stunt

He's electric. NYC magic man will stand for 72 hours surrounded by electricity on podium without food or sleep

MICHELLE CASTILLO
Metro World News in New York

When Claire Fraiser, a sales associate in the Garment District in New York City, heard about magician David Blaine's latest stunt "Electrified," she grabbed her daughter and headed down to Pier 54 in Manhattan on Saturday morning to see the spectacle for herself.

"I think it's a bit mellow," she admitted about the performance. "He's probably saving his best acts for later on when there's more of a crowd."

Mellow is relative, especially when you're talking about Blaine. The Brooklyn, New York-native has been sealed in an ice cube for almost 64 hours, stood on top of a 100-foot pillar with no harness for 35 hours and placed himself inside a plexiglass cage 30 feet above the River Thames for 44 days – while only consuming water the entire time.

For his latest feat, Blaine is standing on a 20-foot high platform for 72 hours straight, without food or sleep. If that weren't hard enough, he's surrounded himself with Tesla coils that are transferring one million volts of energy from one area to another while he's in the middle of it. He'll have to concentrate on staying still, while there's the constant crackling of electricity and loud music blaring the entire time.

To up the danger, people are allowed to control how much electricity is pumped through the contraption through a computer. Other events have been coordinated, including one on Sunday evening where musician Andrew W.K. played a solo on a keyboard that is connected to one of Blaine's Tesla coils. The notes will power the flow of electricity.

"I'm absolutely electrified and terrified by the opportunity to play a keyboard solo and to use this incredibly powerful device" Andrew W.K. said in a statement on his website.

Big tricks

The Brooklyn native has a list of memorable stunts. Here's his high points.

- **Frozen in time.** Blaine was sealed in a block of ice for over 63 hours.
- **Endurance.** Blaine sat in a glass box for 44 days drinking only water.

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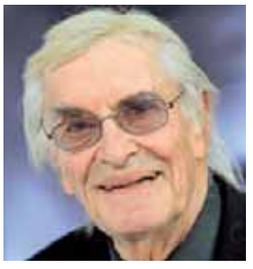
Looking back on half a century of acting

Martin Landau.
Actor and star of the upcoming Frankenweenie shares all the things he has learned after 50 years in front of the camera

At 84 years old, Martin Landau has seen a lot of the entertainment industry, and he's got plenty of stories to share. We sat down with the legendary actor, who re-teams with Tim Burton for Frankenweenie, to touch on a few topics — of his choosing.

NED EHRBAR, MWN



On Ed Wood, his first film with Tim Burton

I loved it. But it certainly didn't make Disney very wealthy. It didn't gross a whole lot of money the first time around. It sort of caught up with the DVDs and the VHSs and stuff afterward, when people sort of caught up with it. I knew it was not your most commercial of movies. Only Tim would've made this picture. There's no one else who would have even bothered. I just think it's a very special film and unique. And awfully good. I mean, forget present company, but the whole thing had such a feeling of this group of people trying to make movies.

I mean, it's sort of sweet and sad and funny and... awful.

On re-teaming with the filmmaker

I usually get along pretty well with directors, and the good ones create a playground for you and it's a very creative time. Whether it be Hitchcock or Coppola or Woody (Allen) — well, Woody doesn't direct anybody. But Tim is a friend. I may not see him for a year or a year and a half, but when I see him it's just like no time went by. It's like the time in between has been edited out. We'll continue a conversation we had two years ago. I have that with Johnny (Depp), too, in a certain way.

On life as an actor

Jack Palance and I worked together four times over the years. A lot of people had trouble with him, I never did. He could be dangerous in a fight sequence and stuff, but I got along with him and I know a lot of people who didn't. He was a bit irascible. But when we saw each other, it was like bingo! It was like we saw each other two days ago. And that happens a lot if you're in the theatre or film. Actors tend to do that very comfortably because we know there's such an intense time that we're working together that if we're into each other in a certain way — we stay in the same hotels when we're on location and we as a result eat a lot together, drink a lot together, hang out together.

Then you don't see them and you're into something else, you see other people. And sometimes two, three, four years go by and you see them again and it's like no time's gone by. It's pretty peculiar. Other people don't usually have that.

On the early days of TV

There was CBS, NBC and the Dumont Television Network, because ABC didn't have a network yet — radio, but not television. Dumont lost its franchise and ABC took it over because the shows were so poor — and I did a lot of work on Dumont. I did a detective show called The Plainclothesman. It was awful. And we had 12 hours from the time we read the script to the time it was on the air. You had to think on your feet. The cameras would go out and you'd have to change clothes on the run and slip into a chair because you were just in the scene before. The wardrobe people would run and Velcro you in the back and change your tie with Velcro, and you'd run like crazy and get into a chair as the camera was pulling back. They'd light a cigarette for you and you'd sit there as if you'd been there 20 minutes. By the time the camera got back you were trying not to breathe fast because you were running a country mile to get there. And the best part of that acting was just being able to breathe and not look like you were gasping. That was acting!

Neil Halstead living the life of a lonely surfer-musician

New album.
Palindrome Hunches offers a darker, personal experience from the spaced-out songwriter

NOLAN GAWRON
Metro World News

From his pedal-pushing days in the spaced-out band Slowdive, to his more grounded acoustic folk rebirth with Mojave 3, Neil Halstead's music has changed dramatically over his 23-year career. But whether cosmic or country, there always has been an underlying somber, soothing and dreamlike quality that links his songs together. While they were once hidden by distance and distortion, his heartstrings now ring out as if they were strung across his acoustic guitar.

"By the time I did the last Slowdive record I was about 24," says Halstead. "Our last record is really super ambient and experimental and everything was built on loops and samples. It was a bit of a cold record. I took a break after that and I felt like I wasn't into music anymore at that point. I needed to be re-energized. Learning to play acoustic guitar and playing country songs was a way back into music for me because it was so different from what Slowdive was about."

After five records with Mojave 3 and occasional tours, Halstead took the band's breaks to focus on solo work.

Even more stripped down, his country-folk style and imagery could easily be considered Americana, except for the fact that he's British. Halstead's calm and hushed delivery evokes a sentimental reverie, sincerity and melancholy.

Palindrome Hunches, his third solo effort, was released last month on Brushfire Records, a label run by fellow surfer, Jack Johnson. Halstead's music bears little similarity to the rest of the roster.

"For me, songwriting is always about expressing yourself," Halstead notes. "So that's me in the song. There are songs (on the new album) that are a little darker than the songs on the last album. They all sit together in a darker space. I think that's just the way the songwriting went. They are quite personal."

The title is a clever juxtaposition of words based on a failed attempt to write a song that is the same when read backwards and forwards.

"I don't know what it means," Halstead says with a laugh. "I guess I like that idea and its contrast to a palindrome where everything works out in the end."

Mojave 3 haven't recorded since 2006, but Halstead hopes the band will begin recording a new album by the end of the year. And, although there have been murmurs of a Slowdive reunion and offers have been made, Halstead doesn't seem stoked on the idea.

"(Reunions are) a big part of the music industry these days. They are feeding off their own paws. The people with the money will never let it go free because it's another way to sell you the same old."

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Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with. Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online. "John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy, so he wanted to keep her in his life, but it just wasn't up to Katy's standards." The pair gave romance a go in August, only to break up after two weeks and then get back together again in September. "She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly. "Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says. "But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia." As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years. "They've both been married, so they've already experienced that and know what it entails," the source says. "It's something for down the road."

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@jimmykimmel
one thing about the sewer - it's jam-packed with super villains

@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant

@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

DeVito and Perlman: Goodbye to a long marriage of two short people

THE WORD
Dorothy Robinson
scene@metronews.ca

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word.

But none of the breakups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny DeVito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea:
Rick Moranis 5-foot-1
David Faustino 5-foot-3
Dudley Moore (RIP) 5-foot-3
Jason Alexander 5-foot-5

For Danny:
The Olson Twins 5-foot-1
Sissy Spacek 5-foot-2
Patricia Arquette 5-foot-1
Kristen Bell 5-foot-1

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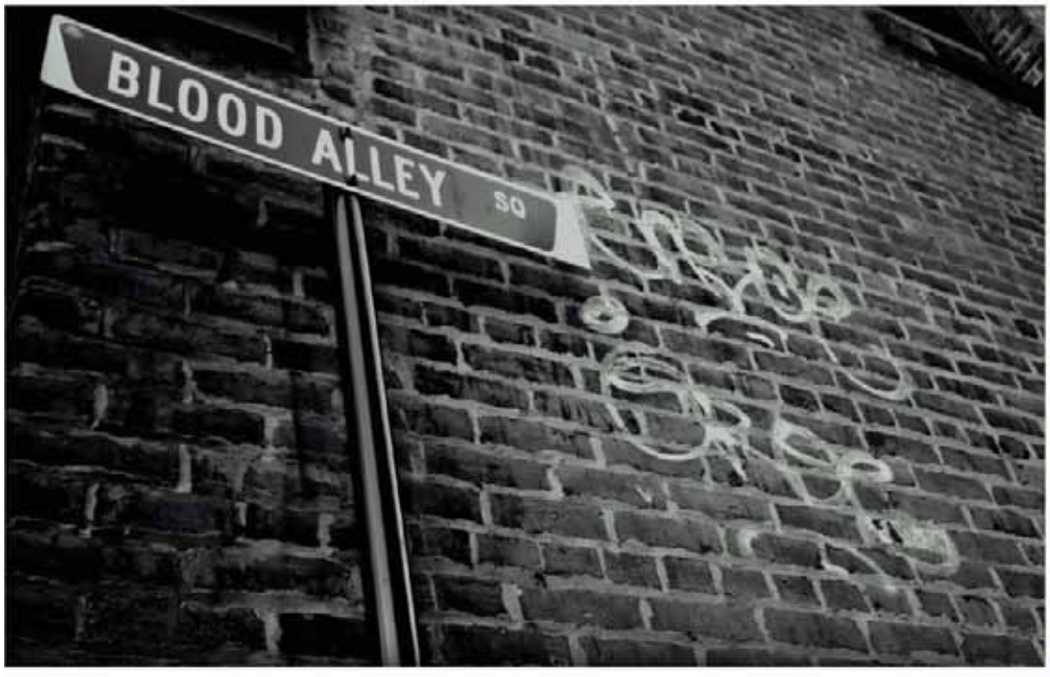

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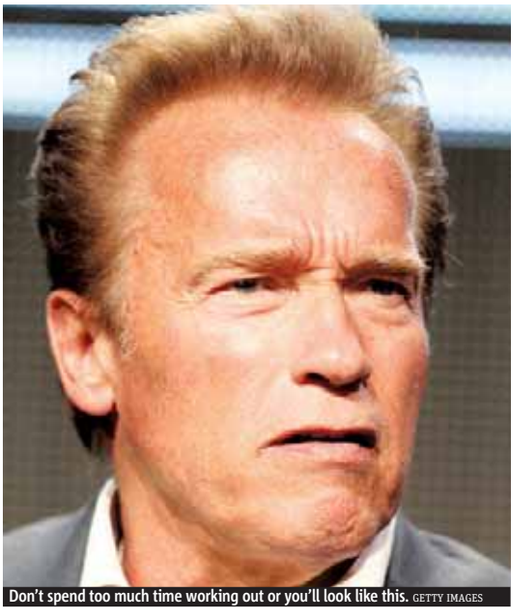
Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

ROMINA McGUINNESS
life@metronews.ca



Don't spend too much time working out or you'll look like this. GETTY IMAGES

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of Yoga Face.

"Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something."

4. The results are immediate.

"A Botox jab smoothens the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough.

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.

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Trim down Asian fare with these Sweet 'n' Sour Meatballs

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

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Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7. g and 73 mg per serving, respectfully) of ground beef. But feel free to substitute any meat of your choice for the chicken.

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.

3. Meanwhile, bring rice and water to boil; cover and simmer 10 mins. Remove from heat and let stand 10 mins, covered.

4. Serve meatballs and sauce over rice. Garnish with pineapple and parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The frozen truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

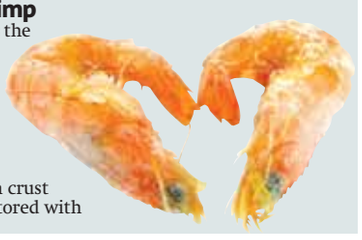
Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

1. Cookin' Greens

Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp

Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).



3. Pizza

Whole grain thin crust pizza can be doctored with fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame

Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Mushroom Pot Stickers. Traditional dumplings

This tasty take on the traditional dumpling uses a combination of mushrooms, black beans, ginger and scallions topped with creamy almond butter for a punch of flavour.

Ingredients

- 90 ml (6 tbsp) vegetable oil
- 5 shallots, diced
- 4 cloves garlic, diced
- 285 g (10 oz) shiitake mushroom caps, thinly sliced
- 250 ml (1 cup) canned black beans, rinsed
- 75 ml (5 tbsp) pickled ginger, sliced (reserve half for garnish)
- 8 scallions, sliced (reserve half for garnish)
- 30 ml (2 tbsp) chopped cilantro
- 30 ml (2 tbsp) rice wine vinegar
- 15 ml (1 tbsp) dark sesame oil
- Salt and pepper, to taste
- 50 ml (1/4 cup) almond butter, divided
- 1 pkg dumpling wrappers
- Black sesame seeds, garnish
- 125 ml (1/2 cup) teriyaki sauce

1. In frying pan, place oil. Over medium heat, sweat shallots and garlic until translucent; add mushrooms. Season with salt and pepper; cook until mix is dry, 7 mins. Remove from heat and let mushrooms cool.

2. In bowl, using back of fork, mash beans. Fold in ginger, scallions and cilantro; add rice vinegar, sesame oil. Season with salt and pepper. Once mushrooms cool, fold into bean mix.

3. Spoon 1 ml (1/4 tsp) almond butter onto dumpling wrapper. Top with 15 ml (1 tbsp) of mushroom filling. Wet edges with water, fold over one side and press edges closed. Wet crease with water and crimp edges to seal. Continue with remaining wrappers and filling.

4. Bring pot of lightly salted water to boil. Gently boil 12 pieces at a time, 3 minutes or until floating. Remove from water, pat dry and place in a hot frying pan with oil and fry on one side until golden brown, then turn over and fry other side to brown.

5. Garnish with black sesame seeds, thinly sliced scallions and ginger and drizzle with teriyaki sauce.

THE CANADIAN PRESS/ CHEF ANTHONY ROSE OF THE DRAKE HOTEL IN TORONTO FOR THE ALMOND BOARD OF CALIFORNIA

This recipe makes 60 dumplings. THE CANADIAN PRESS H/O

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If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations.

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs.) These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs.

Unlike buying individual bonds, which mature on a specific date, ETF's hold a basket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

Corporate bond ETF providers

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Lesley Scorgie
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There are legitimate tax credits and benefits available if you are looking to save on taxes. ISTOCK IMAGES

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle. However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars *and* you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes through Revenue Canada's website cra.gc.ca/taxsavings.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the contractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

Should Rihanna give violent 'love of her life' Brown a second chance?

Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

ROMINA MCGUINNESS
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Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fuelling speculation that the pair are rekindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song Birthday Cake as the Barbados songstress lent her vocals to Brown's remix of Turn up the Music. In June, Brown was bottled during a nightclub fight allegedly involving Rihanna's ex boyfriend, Toronto rapper Drake.

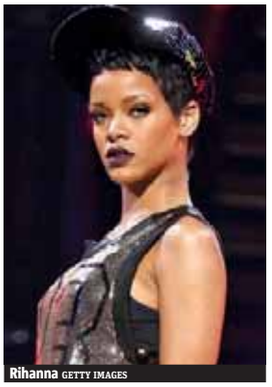
But the biggest twist was Rihanna's emotional interview with Oprah Winfrey on Oprah's Next Chapter in August, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's then-girlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly assaulted her.

The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her ex-boyfriend. Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love interest 23-year-old model Karrueche Tran: "I have decided to be single to focus on my career. I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a video on Twitter, The Real Chris Brown (http://vimeo.com/50805715) addressing the Chris-Rihanna-Karrueche love triangle. Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such a thing as loving two people? I don't know if that is possible but I feel like that."

Chris Brown GETTY IMAGES



Rihanna GETTY IMAGES

Can we love two people at the same time? Relationship expert David Sbarra has doubts. "The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way."

Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.

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Ichiro Suzuki of the New York Yankees scores a run around catcher Matt Wieters of the Baltimore Orioles Monday. ROB CARR/GETTY IMAGES

Orioles rookie outduels Yankees veteran Pettitte

MLB. Bullpen magnificent for Orioles as they squeak out win to even series 1-1

Sometimes, post-season experience isn't all that important.

How else to explain the Baltimore Orioles beating the playoff-tested New York Yankees, and rookie Wei-Yin Chen outpitching 40-year-old Andy Pettitte?

With Chen leading the way, the Orioles squeezed out a 3-2 victory Monday night to even their AL division series at one game apiece.

Chris Davis drove in two runs for the wild-card Orioles, who used the same formula that got them into the post-season for the first time in 15 years: A magnificent bullpen and an ability to win tight games. Baltimore was 29-9 in one-run decisions during the regular season and 74-0 when leading after seven innings.

Major league saves leader Jim Johnson, roughed up for five runs in a Game 1 loss, came back to pitch a perfect ninth to close it out.

The rest of the best-of-five series is at Yankee Stadium, beginning with Game 3 on Wednesday. Hiroki Kuroda will start for AL East champion New York against rookie Miguel Gonzalez.

"It means everything," Davis said of the win. "You definitely don't want to go into New York in a five-game series down two games. This is big — having the day off tomorrow, hopefully building some momentum, and we can take that into New York."

Game 2

Orioles	Yankees
3	2

Chen gave up two runs, one earned, and eight hits over 6 1/3 innings. The Taiwan native, who pitched previously in Japan, was 1-2 with a 5.25 ERA in four outings against New York this season, including two in September in which he yielded a total of 11 runs over 11 1/3 innings.

"I thought he pitched inside pretty effectively tonight to some of our right-handed hitters," Yankees manager Joe Girardi said. "It seemed like Baltimore and us have kind of gone back and forth all year and that's what we did here."

Pettitte, whose 19 wins and 43 starts are the most in post-season history, allowed three runs and seven hits in seven-plus innings. He came out of retirement before this season to pitch again in the playoffs, and although he was effective, Chen was better.

Baserunning was a key early in the game. Ichiro Suzuki danced around Orioles catcher Matt Wieters to score, while Baltimore's J.J. Hardy failed to see his third-base coach and was left stranded. THE ASSOCIATED PRESS

A draw so far

The Yankees and Orioles split the season series 9-9.

NHL

Lockout talks to remain focused on secondary issues

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week. THE CANADIAN PRESS

CFL

Blue Bombers stun Als in Montreal

Joey Elliott threw touchdown passes to Terrence Edwards, Chris Matthews and Rory Kohlert as the Winnipeg Blue Bombers downed the Montreal Alouettes 27-22 Monday for their first road win of the season.

Winnipeg (4-10), which has won twice in its last three games, saw Elliott amass more than 330 passing yards in relief of injured starter Buck Pierce. Justin Palardy added a pair of field goals. THE CANADIAN PRESS

Bo Bowling is pulled down by Winnipeg's Alex Suber on Monday. THE CANADIAN PRESS

MLB. Cardinals continue to answer call of fall

Three hits and an excruciating loss one day, double-digit runs and a laugher the next. The St. Louis Cardinals have been that type of team all season.

The defending World Series champions tied their NL division series with Washington at one game apiece by doing what they do best — forgetting about what happened the day before and concentrating on the game at hand. They lost the division series and NLCS openers last year, and look how that turned out.

Game 2

Cardinals	Nationals
12	4

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmermann early in a 12-4 rout of the Nationals on Monday. THE ASSOCIATED PRESS

MLB

Lincecum falls down depth chart in San Francisco

Left-hander Barry Zito will start Game 4 for the San Francisco Giants if they can extend their NL division series against the Cincinnati Reds.

Two-time Cy Young Award winner Tim Lincecum? He's staying in the bullpen. The Giants trail 2-0 in the best-of-five series. The Reds can finish it off Tuesday night when Homer Bailey goes against the Giants' Ryan Vogelsong (14-9). THE ASSOCIATED PRESS

NFL. Texans keep perfect record alive against Jets

The Houston Texans are still undefeated — but very nearly let this one slip away.

Arian Foster ran for 152 yards and a touchdown, and the Texans stayed unbeaten by defeating the New York Jets for the first time in team history, hanging on for a 23-17 victory Monday night.

With a chance to lead the Jets on a winning drive, Mark Sanchez was intercepted by Kareem Jackson on a pass that tipped off the hands of Jeff Cumberland with 1:51 remaining. THE ASSOCIATED PRESS

Mark Sanchez walks off the field after the New York Jets lost Monday in East Rutherford, N.J. GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

♉ Taurus
April 21 - May 21
Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

♊ Gemini
May 22 - June 21
If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

♋ Cancer
June 22 - July 23
Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

♌ Leo
July 24 - Aug. 23
Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

♍ Virgo
Aug. 24 - Sept. 23
You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

♎ Libra
Sept. 24 - Oct. 23
Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

♐ Sagittarius
Nov. 23 - Dec. 21
You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

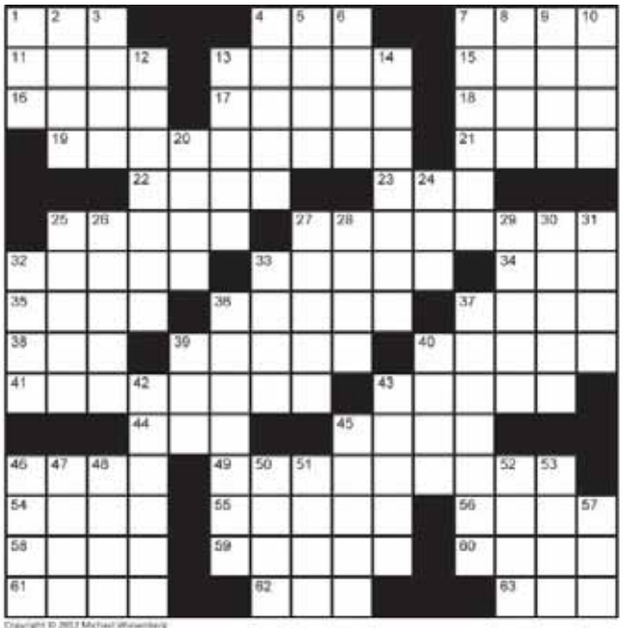
♑ Capricorn
Dec. 22 - Jan. 20
You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

♒ Aquarius
Jan. 21 - Feb. 19
Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

♓ Pisces
Feb. 20 - March 20
Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.
SALLY BROMPTON

Provinces, Cinemas, Water, and a PM

BY MICHAEL WIESENBERG



Across
1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. *Aladdin* character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)
54. Ireland, to its natives
55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons

Down
1. ___ Horton's
2. Wander
3. Ottawa-born My Way singer-composer Paul
4. Some Yukon natives
5. Eve's mate
6. Guelph, Ontario-born *Scream* star Campbell
7. *Sesame* ___: kids' educational show
8. Agreement
9. #1 position
10. Spill cleaners
12. Biblical tempter of 38-Across
13. "Poly" add-on
14. Baked Alaska or baklava
20. Angered
24. Medicine ___, AB
25. NWT's Great ___ Lake
26. ___ down: washed, as a driveway
27. Printer need
28. Tints
29. ___ of golf: 18 holes, say
30. "To ___ human, to forgive divine" (2 wds.)
31. Devoid of moisture
32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)
45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4					1			
2				3		7	5	
9		8			6			
7	6	2				8		
3								9
		9				6	4	1
			7			5		3
	9	3		5				7
			9					2

Friday's Sudoku

Today 17°/9° Sunny
Wednesday 16°/9° Sunny
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